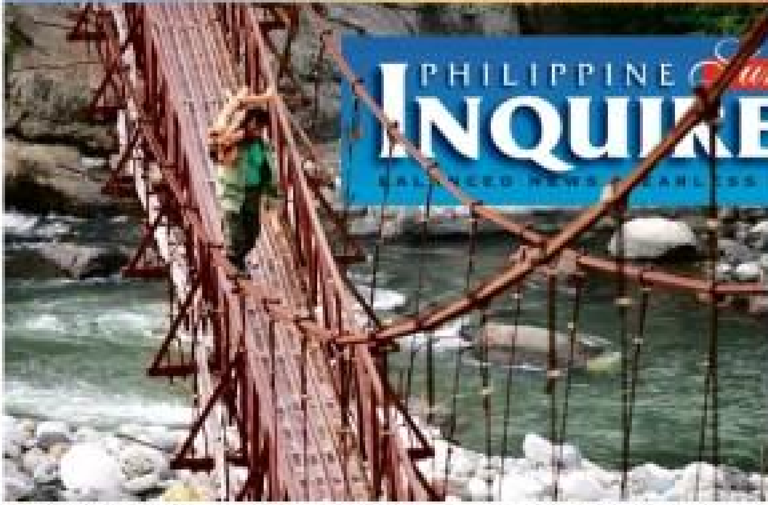
Sunday, January 23, 2011

PHILIPPINE Sunday INQUIRER

BALANCED NEWS • FEARLESS VIEWS



## PDI lensman wins agri foto of the year for second time

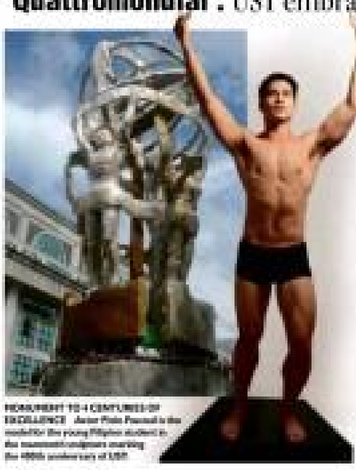
# Car theft killings 'solved'

## Police say they now have the evidence, suspects

CITY OF SAN FERNANDO—Police have announced the solution of the murder of car dealer Venson Evangelista, and "effectively" the murders of car dealer Emerson Lozano and companion

## Dominguez brods living it up on the fast lane

## 'Quattromondial': UST embraces birthright, destiny



MONUMENT TO 4 CENTURIES OF EXCELLENCE



## Cardinal hits Hollywood hedonism

## Scientist cooks veggies so amazingly yummy





WEATHER FORECAST

# Second FrontPage



| EZ2 | | |
|---|---|---|
| 11AM | 16 | 27 |
| 4PM | 30 | 24 |
| 9PM | 10 | 20 |

| SUERTRES | | | |
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| 11AM | 9 | 2 | 6 |
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SIX DIGIT: 9 0 5 7 9 9

6/42 LUZ-VIS-MIN: 2 3 10 18 25 36 — P35,246,167.20

6/55 GRAND LOTTO: 7 22 26 38 51 52 — P34,330,748.40

# Torture raps filed vs 'Abadilla' cops

THE OFFICE of the Ombudsman has filed before the Sandiganbayan criminal complaints against the policemen who allegedly tortured and violated the rights of the Abadilla 5 following their 1996 arrest on suspicion of being behind the killing of a former police colonel.

## How not to get murdered when selling used cars

# 'I love you, Venson,' pa cries out

## Aquino assures massacre victims' kin of justice, elections in ARMM

## Nat'l Artist's plays to go on tour




# Bible bee launched to help spread the Good Word






## Start young

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PORSCHE

# Ailing kids learn value of rest



## International recognition

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FREE APPRAISAL
Highest Price and Instant Cash for antique (old cut) and modern cut diamonds from 2 carats up to 30 carats.
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JANUARY 29, 2011
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SOUTH LUZON | THE LAKE HOTEL, TAGAYTAY
MINDANAO | APO VIEW HOTEL, DAVAO CITY

# Rains force int'l flights to Clark







# History's New Luxury Address Rises On Roxas Boulevard



# The Admiral Baysuites Sales Team: Raising the Bar Higher





The Admiral Baysuites sales team during a recent product knowledge training.



BRIGHT VICTORY Chris Nelson, president of Philip Morris, awards the trophy for the Bright Leaf agriculture photo of the year to Inquirer Northern Luzon photo correspondent EV Espiritu.



SEA OF GRASS The winning photo by EV Espiritu shows a Kalinga mother holding her baby while watching her other children at play in the middle of a rice field.

# PDI lensman wins agri foto of the year for 2nd time

[illegible]

## Bright Leaf

[illegible]

## Agriculture stories

[illegible]

## Other winners

[illegible]

Win
Php 30,000
Create a
SLOGAN & LOGO
that will represent the identity and brand of
UNIVERSAL HEALTH CARE



MECHANICS

[illegible]

DOH

# Cardinal hits Hollywood hedonism

[illegible]

## Worshipping new gods

[illegible]

## The Church alternative

[illegible]

# Repatriate OFWs now, gov't urged

# Kin don't believe Pinay killed self






# Dominguez brods living it up on the fast lane

### Shootings

### Girlfriends

# Car theft killings 'solved'

## P-Noy pleased

### Suspects or witnesses

### Vital evidence

### Afraid for their lives

### Burned driver's license

### Surrender

### Innocent-looking



GOODBYE VENSON




STOLEN CAR PLATES are displayed by Philippine National Police Chief Director General Raul Bacalzo



PERSONAL BELONGINGS of the slain Venson Evangelista, including a slipper,

# Satur wary of Noynoy's appointment of a rival



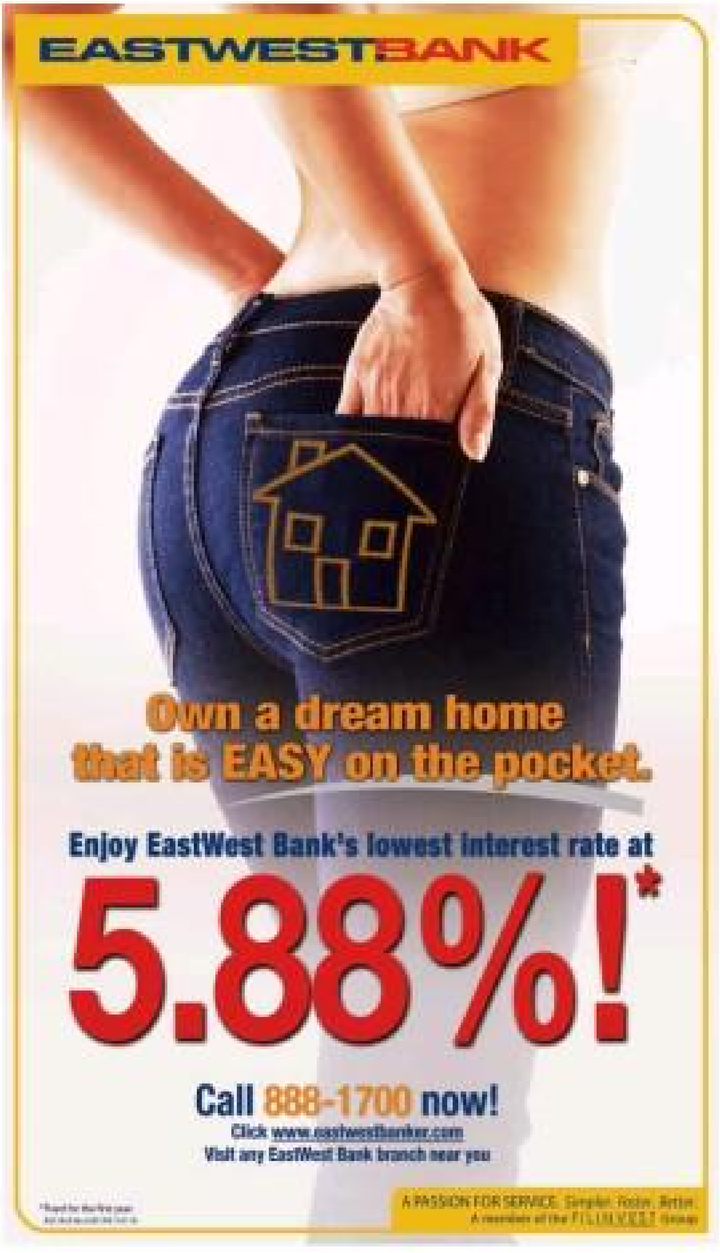








# Common ground at hand on RH bill, says prelate



Assistant Editor Tony Bergonia

Across the NATION

# Firemen could only watch as 16 died

BAYOMBONG, Nueva Vizcaya—As fire engulfed the five-story Bed and Breakfast pension house in Tuguegarao City on Dec. 19 and thick, black smoke billowed, young men trapped inside their rooms were frantically waving, shouting and crying for help from the building's grilled windows.



ILOILO'S TURN

# Church leads march vs mining in Dipolog City

# Mayor envisions Calapan as 'discipline city'

HOMETOWN Snapshots



AGENTS OF CHANGE

# Calabarzon PNP takes active role in peace bid

## Search for 5 Americans lost at sea continues

# Solon fumes mad over police extortion in Angeles City

INQUIRER Mindanao

# World talents in 'rondalla' gather in Tagum

By Frinston Lim
Tagum City

ALL ROADS lead to Tagum City as it hosts the 3rd International Rondalla Festival [illegible]

[illegible]



IMAGES during last year's Musikahan sa Tagum [illegible] "rondalla" performances [illegible] the streets.



CELEBRATING a feast for the rondalla.



DANCING to the music of rondalla strings.



A CELEBRATION of the rondalla by young musicians.

BRITISH COUNCIL

British Council IELTS Scholarship

Calling all Filipino students hoping to study abroad.

Apply now!

A scholarship worth $3,500 will be given to seven deserving postgraduate students.

For more information, email [illegible]@britishcouncil.org.ph or contact us at [illegible]
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NOTICE TO BPI CHECKING ACCOUNTHOLDERS

**Please be advised of the implementation of the revised BSP Check Clearing Process (BSP Circular 681) on January 24, 2011.**

Under the new regulation, checks and other cash items (COCI) dishonored by reason of insufficient funds or credits shall be **returned** by the drawee bank to the negotiating bank not later than 7:30 AM the next clearing day (Day 2).

This is to remind all Checking accountholders that all checks should be funded when issued. **All unfunded checks shall be automatically returned by the bank with applicable charges.**

**In view of these changes, we are reminding all Checking accountholders to duly exercise prudence in your check issuances.**

To help you manage your checking accounts, enroll in the BPI Check Protect Solution now. Visit any branch or log on to **www.bpiexpressonline.com** for more details.

BPI
Let's make it easy.

PHILIPPINE DAILY INQUIRER

# OPINION

## Worth remembering still

EDITORIAL




## The things that matter

PUBLIC LIVES

*Randy David*

## Loafer or lover?

MOMENTS

*Fr. Jerry M. Orbos, SVD*

# No priority for Cha-cha

WITH DUE RESPECT



*Artemio V. Panganiban*

# A study in scarlet

METHOD TO MADNESS



*Patricia Evangelista*

# Eating and beyond

AT LARGE



*Rina Jimenez-David*

# The death of Pakistan?

WORLD VIEW



*Jaswant Singh*

# TALK of the TOWN

## ABADILLA 5

# Revisiting credibility of police witness



THEN SUSPECTS in the murder of Col. Rolando Abadilla—Cesar Fortuna, Lenido Lumanog, Augusto Santos, Lorenzo de los Santos, Rameses de Jesus and Joel de Jesus—at the promulgation of their sentence on Aug. 11, 1999.

### Wrongful convictions

### Disregard of physical evidence

### Security guard Alejo

### Proximity to assailants

*It is not unusual for an eyewitness to mirror the confessions extracted by police from suspects through torture. The neural process of reconsolidation would have prompted the witness to restructure his memory according to what appears as admitted facts*

### Mistakes of memory



HUBERT Webb holds a press conference before walking free.

### Imperfect copy

### Usual suspects

### Torture

### Lagging behind science

### Omega watch

# What ingredients to use for healthier living

By Tessa R. Salazar

# Scientist cooks veggies so amazingly yummy

From page A1




STREET SMART Food at the Banchetto in Ortigas Center manned by Dasmariñas (left)

## Training the brain

## Pleasant surprise

## Low veggie consumption

## Curbing crime rate

# 'Quattromondial': UST embraces birthright, destiny

From page A1

## Royal, Pontifical and Catholic

## Four centuries of excellence



PIOLO PASCUAL poses with sculptor Ramon Orlina and the replica of the "Quattromondial" monument.

## Sun of wisdom

## Cultural treasures

## Quadricentennial Week

## Pope's special message

"HUMANITY... cannot be allowed to become accustomed to discrimination, injustices and religious intolerance..."
—Pope Benedict XVI

# GLOBAL Pinoy

This section is dedicated to Filipinos overseas toiling on land and at sea, in factories, in construction sites and in the homes of the world to secure a better life for their families. These are their stories.

# OFWs bringing their families to Saudi Arabia

## *Home is in the heart—and where the purse is*

By Casiano Mayor Jr.
Contributor

JEDDAH, Saudi Arabia—In January 2001, the young couple Dennis and Mylene del Rosario took their six-year-old son Daryl Mikko with them to Jeddah.



HAPPY TOGETHER The author, Casiano Mayor Jr. with wife Marilyn and daughter Maria Angelina outside the KFC outlet at the Sarawat Supermarket, a popular fastfood place for Filipinos in central Jeddah.

### Saudi visa policy

### Pain of estrangement

### Trials and choices

### Adjustments needed

### Balancing acts

### Worth the sacrifice

### Facing the problem

## *Ka Emy de Guzman: ABS-CBN's Global Dealer of the Year*



GLOBAL LEADERSHIP
Remigio "Ka Emy" Lazaro de Guzman (3rd from right) poses with ABS-CBN Global Leadership Team and TV Patrol anchors after receiving his Global Dealer of the Year 2010 award.

### FREE OFW CALLS

## Mercado, Reyes trade a puzzle

IN HUDDLE



## Local girl reaches wakeboard final



## Smart Gilas wants it like N'thern Cement



PANGILINAN



REYES



MERCADO

## Texters turn back Beermen

## P-Noy slated to meet top sports heads

## Tabuena nails Asian Tour card

SPORTSWATCH

### Round 3 of 'SJC Rambulan' Monday

## Pasay Int'l Derby starts Tuesday



# Egypt's Al Etihad trounces Gilas PH quintet

# Nadal, Soderling, Murray stay in hunt



# Hornets rout Hawks, win 7th straight




# Southern Ladies: Ardina, Ikeda headed for collision



# Bayron eyes first TCC crown

# Asaphil targets promising talents



ALAS

# Patriots host Dragons in ABL semis today

# So wins anew, climbs to third

## French super GM 2nd victim



PACQUIAO

# Showtime gets Manny-Shane airing rights

# DLS-Lipa, Seton tossers dispute semifinal berths

# Maroons shoot for third straight victory vs Tigers

By TOP CHOICE
At Santa Ana Park



Sunday SPORTS



TALK 'N TEXT'S Kelly Williams (left) holds his ground in a battle for rebound position against San Miguel Beer's Jay Washington (second from left) and Danny Ildefonso [illegible] while teammates Ranidel De Ocampo and Ryan Reyes (right) try to help out.

# Texters turn back B'men in Game 1

By [illegible]

VICTORIAS CITY, NEGROS OCCIDENTAL—Talk 'N Text held San Miguel Beer to 16 points in the fourth period Saturday night to post a 91-82 victory and a 1-0 lead in their PBA Philippine Cup title series at the packed Victorias Sports and Cultural Center here.

[illegible]

[illegible]


# How Low Will You Go to Get Derek Ramsay

**In the latest red Mobile TV commercial, clients had to resort to mild begging to get Derek Ramsay to endorse their new offer. It pokes fun at Derek's shirtless streak in ads and the extent companies go to when they're on a tight budget. But in real life, how low did the people from red really had to go through to get Derek?**

"Not too low" says Guido Zaballero, Brand Equity Management Department Head. "Derek was very game and a good sport which is why he's a perfect match to red Mobile's personality."

Indeed, levity and humor have been trademarks of red since its launch in late 2009. It has introduced us to a bunch of quirky characters from a broken English-speaking lady with a hot Brazilian boyfriend to Ramon Bautista's SIM artist Simon. In this ad, the joke is on everyone involved in making the ad, celebrity and clients included.

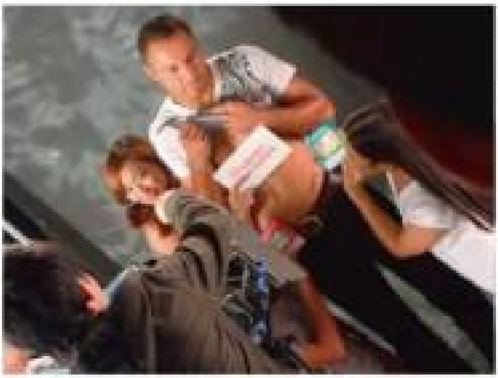
"Other corporate people are afraid of being portrayed as stingy" muses Darvin Sy Su, Brand Manager of red Mobile, "but we really liked the idea of the ad and it's nice to laugh at ourselves once in a while."

Commercials, of course, can only do so much in selling a product. Fortunately, red Mobile has the lowest unlimited rates in the country.

For only P4, you can already enjoy unlimited texts and for only P8, you get unlimited calls and texts.

So how low do you have to go, to go unlimited? As low as P4 or P8. And that's only from red because no other network in the Philippines has gone as low.



red mobile

# Aplus METRO

# City faces tough fight over plastics ban

## Muntinlupa execs unfazed by opposition from various business groups

TOTO, 54, tends to a patron's order of a 12-ounce soda "to go" in a sari-sari store in Muntinlupa City. Like the past months, he pours the contents of the bottle into a plastic bag and hands it to the buyer.

### Landmark ordinance

### Mounting opposition

### Clogged waterways






# Ex-NBI official found dead in his residence

Suicide ruled out



LUCKY CHARMS

# Public, especially elder citizens, warned on 'budol-budol' gang

Same group

## MetroBriefs

### Man in rape case held

### Death over red light

### Baby in plastic bag

# Business permits renewal extended

# City faces tough fight over plastics ban



Discipline is the problem

Words of praise



Welcome to the country's one & only true private cinema.





Now accepting bookings for May to July 2011.

# Blair offers regrets for loss of life at Iraq probe



BLAIR

## France moves to put tobacco back in some ads



## This time, it's Malaysia's turn to foil, nab pirates

# From China's perspective, relief after a successful US trip

## After terrorizing Haiti, 'Baby Doc' says sorry



## Tunisia protesters say ruling party must dissolve



# The WORLD

# 98% in South Sudan vote for secession

JUBA, SUDAN—Nearly 99 percent of southern Sudanese voters have chosen to split off from northern Sudan and form their own country, according to preliminary results of an independence referendum conducted this month.

The commission that ran the referendum said on Friday that the 98.8 percent voted for secession and 1.2 percent voted for unity, according to more than three million votes cast, which brings Africa's largest country a step closer to splitting in two.

The commission said that the results were still incomplete, and that they were being continually updated. Although all indications point to the vote's being overwhelmingly for secession. Election officials have also said that the turnout soared past the 60-percent threshold necessary for the referendum to be valid. The official results are to be released on Feb. 14.

"The best country are those in expectation," said ..., a spokesperson for the referendum bureau in the southern capital, Juba.

Voters in nearly every state in the south chose independence by 99 percent; in Eastern Equatoria, only 229 people voted for unity with the north out of 455,000 votes, according to preliminary results.

But southern Sudanese living in northern Sudan were more undecided—42 percent opted for unity and 58 percent for secession. Many southerners work in Khartoum, Sudan's capital, and they may fear that secession will mean that they have to leave, although citizenship questions have yet to be resolved.

Now the vote has begun, Southern Sudan will not achieve formal independence until July 9, when the US-backed peace treaty that put the referendum in motion is set to expire. By then southern Sudan hopes to pick a national anthem and a name, leading contenders are Nile Republic and South Sudan.

But there are still a number of delicate and potentially combustible issues that need to be resolved before Sudan can peacefully break in two, namely how the two sides would share the south's sizable reserves of crude oil and what to do about the Abyei region, which straddles the north-south border and is claimed by both.

Fighting this month in Abyei claimed dozens of lives, and Western diplomats worry that the region could threaten what has been an otherwise remarkably peaceful and orderly referendum period. *New York Times News Service*






**BRAZIL'S HACHIKO**
A dog sits for the second consecutive day next to the grave of its owner, Cristina Santana, one of the 800 persons who died this week in Brazil's worst flood disaster on record. Brazilians on Saturday braced for more rain, fearing further landslides. AP

# France affirms Afghan role after Bin Laden threat on tape

PARIS—An audio message attributed to Osama bin Laden warned on Friday that the fate of French hostages held by Islamic militants would hinge on the withdrawal of French forces from Afghanistan. In response, the French government promptly reaffirmed its commitment to the military mission there.

"We are determined to pursue our action in favor of the Afghan people, with our allies," Bernard Valero, the Foreign Ministry spokesperson, told reporters on Friday. About 3,750 French soldiers are stationed in Afghanistan.

The voice on the recording identified as that of Bin Laden did not refer to specific French hostages. At least seven French citizens are being held in North Africa and Afghanistan by Islamic militants.

The warning on the recording was blunt.

"President Nicolas Sarkozy's refusal to remove his forces from Afghanistan is nothing but a green light for killing the French hostages," a voice said on the recording broadcast on Friday on Al Jazeera. "We repeat the same message to you. The release of your prisoners in the hands of our brothers is linked to the withdrawal of your soldiers from our country."

"The rate of your deficit and the weakness of your budget will not allow you to open a new front," the message added mockingly.

Valero said the French authorities were in the process of authenticating the recording. Bin Laden made similar threats against France in a recording released in October, also condemning the country's law banning the wearing of facial veils in public.

Five French citizens kidnapped in northern Niger in September are being held by members of al-Qaida in the Islamic Maghreb, the terrorist group's North African affiliate. French officials say they believe that the hostages have been moved to northeastern Mali.

Two French television journalists have also been held by Afghan Taliban fighters since December 2009 after being abducted in Kapisa province.

This month, two young French men were seized by armed men in Niamey, the capital of Niger. The two were found dead after a rescue attempt by Nigerien and French forces. Al-Qaida in the Islamic Maghreb has claimed responsibility for the kidnapping.

In July, the group said it had executed a 78-year-old French aid worker kidnapped in Niger after a failed French-Mauritanian rescue attempt. *New York Times News Service*

Business Features Editor: Margie Quimpo-Espino

Sunday Biz



# Making life easier on the fast lane

Text and photos by Tina Arceo-Dumlao

PARIS, France—Except for the outdoor signs informing motorists of the possibility of snow and the French words on markers along the 15.6-kilometer route, the A14 toll road in the western suburbs of this elegant capital does not look very different from the North Luzon Expressway that links Metro Manila to the Philippines' northern provinces.

Like the busy autoroute or toll road that starts at La Defense in Hauts-de-Seine, Paris and ends at Orgeval in Yvelines, where visitors can get off to visit the famous chateau of Louis XIV in Versailles, NLEX also has superior road safety features such as emergency call boxes, highly visible digital variable signs and well-lighted toll booths.

## Round the clock

Service vehicles regularly patrol the route to assist motorists experiencing car trouble and quickly respond to emergencies and accidents, while speed radars are installed to detect vehicles going over the speed limit of 100 kilometers per hour.

> NLEX strives to mirror features of French toll roads with assistance from Egis

Also, the small expressway, like the Paris autoroute used by close to 30,000 motorists daily, is monitored around the clock by technical experts housed in the state-of-the-art traffic control room—the first in the Philippines.

These experts view images beamed by 98 closed circuit cameras strategically positioned along the 84-kilometer tollway system built by Manila North Tollways Corp. so that assistance can be provided within minutes of any accident or emergency. Another 86 cameras monitor the action at the toll booths.

That the two tollways share many features is due to the participation of Egis Projects S.A. France, reputed to be the world's biggest tollway operator, and one of the original shareholders of MNTC.

## Technical expertise

According to Ramoncito S. Fernandez, president and CEO of Metro Pacific Tollways Corp., which controls MNTC, Egis' expertise was tapped in NLEX because of its "long years of experience and considerable expertise in toll road operations and management."

"The thousands of motorists who have traveled the NLEX could not miss the fully computerized toll collection features, which make it easy for them to transact payments through the use of either the Easytrip tags or even manual payments," Fernandez said.

"The traffic operations management system enables our teams to ensure comfort and convenience and most importantly, the safety of all those who use the NLEX. The traffic control room, the first of its kind in the country was brought to NLEX by Egis," added Rodrigo E. Franco, MNTC president and CEO.

Franco said Egis also provided technical expertise in maintenance work. The billion-dollar French company also provided the

PAGE B3



TOLL plaza manager [illegible] (right) at the controls.




LEXUS MANILA, INC. | [illegible] Fort Bonifacio Global City, Taguig [illegible] | Tel: [illegible] | www.lexus.com.ph

# Strategic leaders guide and direct movement to get results

A LEADER'S WAY



John C. Maxwell

# Pay with a Facebook post for Day 8 business training seminars

# Traders shares with children

# From the brains to a brand



# Making life easier on the fast lane





# Secret behind Berting's success is an Andrew

# This home makes golden years shine brighter











# Sunday Biz

# Secret behind Berting's success is an Andrew




ANDREW Wijangco

He's not being arrogant when he says he is his own standard











## Dinagyang Festival's 'Hala Bira!' heard around the world via Globe WiMAX



Sunday LIFESTYLE Relationships

# 'You and I will make the world jealous,' Maggie Wilson vows to groom Victor Consunji



## Beauty queen marries her construction king





# ‘You and I will make the world jealous,’ Maggie Wilson vows to groom Victor Consunji





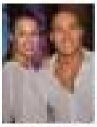














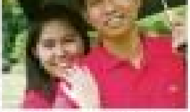


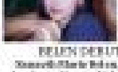






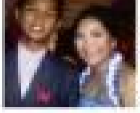
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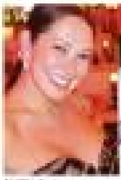


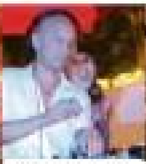




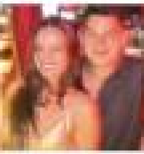








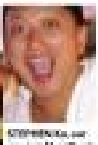




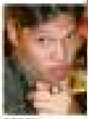


# Stalking Puck and other celebs in Boracay

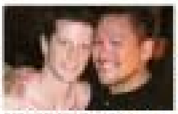


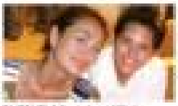


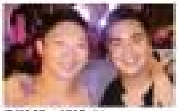
STEPHEN Ku, our gracious New Year's party host at Epic Bar



BORGY Manotoc







JR ISAAC and JM Rodriguez



MARC Nelson seeing double

# Burdened by debt and pining for his faraway family

EMILY'S POST



Emily A. Marcelo

La Manille School of Esthetics & Wellness

- Invest in yourself
- Learn the science of skin care
- Get immediate employment
- Establish your own business

Enrollment on-going!

CLASSES START on February 7, 2011 (Monday)

Makati

3-Month Program (Daily Classes)

Monday to Friday – 9:00 am to 1:00 pm

Makati and Cebu

6-Month Program (Friday Evening & Whole Saturday Classes)

LAST MAN RUNNING







# The First Designer Residences: A luxurious masterpiece





By Marlet D. Salazar

Designer brands have proven its power to lure a significant fraction of the market. Anything signature carry with them some sort of prestige and affirmation. And this penchant for something exclusive and select is spilling over to the real estate industry worldwide.

*While owning a Louis Vuitton is like announcing a good life, owning a Signa Designer Residences is more than just a statement. It is not about boasting but reaping the rewards of hard work and walking the talk of a high-end life. Consider it a piece of art with the masters bringing together their skills to create a masterpiece. Signa Designer Residences is only for a chosen few.*









IN THIS ISSUE
■ Stalking Puck and other celebs in Boracay /C3

# Sunday LifeStyle




Plano Mo, Pwedeng Manalo!

PHILAM LIFE


# This Frenchman loves the Mangyans —and everything else about the Philippines

By Lito Gutierrez
Contributor

"This country conquered me," says wandering blueblood and now Mindoro resident Hubert d'Aboville, who's organizing an arts festival to benefit tribal communities

ONE OF the first things Frenchman Hubert d'Aboville (pronounced "dee dabovee!") did when he settled in the Philippines in 1981 was to acquire a sprawling piece of land at the foot of Mount Malasimbo, a few kilometers from the then-unspoiled seaside resort town of Puerto Galera, Oriental Mindoro. He would develop close kinship with his neighbors, the seven Mangyan tribes who lived in the mountains of the island.

He would imbibe the natives' culture and traditions, appreciating their craft and learning their dialect, when he was not attending to his business in Makati.

He first came to the Philippines in the early 1980s to head the office of the French global timber company [illegible]. Later he would put up his own Paris Manila Technology Corp. (Paramatec), a social enterprise that seeks to bring power-generation technology to the country's poorest communities. "I wanted to go into high-impact, eco-cultural projects," he said.

The Mangyans, however, were not the first beneficiaries of d'Aboville's endeavors; the Mindoreños were.

## Revolutionary tax

In 1999, Paramatec broke ground for a project that would bring electricity to about 120,000 residents of the poverty-stricken island. [illegible] was a hotbed of communist insurgency and the rebels did not just harass project workers, but also destroyed equipment and supplies worth hundreds of thousands of euros.

They wanted the Frenchman to pay "revolutionary tax." In a letter, "Ka del Mar, communications officer, [illegible] Command, CPP-NPA Mindoro," after citing what "she" knew of the project's multimillion euro financing, asked d'Aboville to send in a [illegible] "not technical or security person." [illegible]

Next 2a



FAMILY ties: D'Aboville poses with pictures of his ancestors, including, at center, the portrait of the family at the chateau in Brittany.





IBON EBON FESTIVAL

February 4-5, 2011, Candaba, Pampanga

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SINULOG 2011 grand parade

# A photographer survives Sinulog 2011



BASILICA de Sto. Niño



PRESENTING Sto. Niño's image during the parade

> More than 1,500 photographers converge annually at this local Mardi Gras, and not even a downpour can dampen the spirits of participants

## Squeezing and pushing

# This Frenchman loves the Mangyans . . .

## 200 feet above sea level

> In Manila, the first thing the French nobleman asked was where the park was. In Luneta, he would be accosted by young hooligans, whom he must have charmed because one of the boys invited him to his shack in Tondo

## Slept at Luneta Park



IN THIS ISSUE

■ This Frenchman loves the Mangyans–and everything else about PHL /D1

Sunday LifeStyle

# Meeting the big boss of Bikram Yoga himself

[illegible]



Age is just a state of mind, even if one of my daughters has just become a teenager

TESSA!

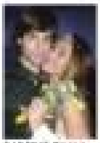
Tessa Prieto-Valdes

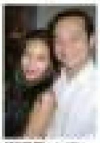


[illegible]

## Wellness at Shang Mall

[illegible]





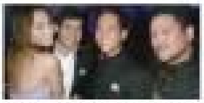
[illegible]



[illegible]



[illegible]



[illegible]





BEAUTIFUL friends Ruffa Gutierrez, Eduardo Pereira, Sex Princess and Nix Alanon



FUN pair Phoenix Abrajano and Claudia Marasco



PARTY friends Claudine Rollo and Marc Gana



SUPER artist Rachel Alejandro and manager Girlie Rodis



GORGEOUS couple Ikko and Jeanne Young

# Meeting the big boss of Bikram Yoga himself

From page E1



INCREDIBLE Bolivian duo of Bozzetto World's "Kaos" show



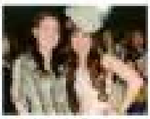
YOGA master Bikram Choudhury and his merry Bikram yoga teachers



BEAUTIFUL daughter and mom Cindy Yang and Rhoda Yap



CEBU Pacific CEO Lance Gokongwei and wife Joy



PRETTY Manila first Bikram yoga teacher, Pye Trinidad

Lightwater, I discovered the new water through my amazing buddy Noel de la Paz. He told me about the benefits of this extraordinary thirst-quencher, which is great for kids, too. [illegible]

Summer Lightwater owner Jasper Ong is an active sports enthusiast. He said that hydration is key to eliminating [illegible] [illegible] Lightwater is available in all supermarkets.

**Noninvasive procedures**

Keeping healthy and strong is a lifetime process. If beauty is a priority, there are so many options to consider. As I am too afraid of the knife, I only resort to noninvasive procedures.

Contours Advanced Face and Body Sculpting Institute has a lot of options for nonsurgical procedures, and these are now available at their latest branch in Ortigas. To fight those fine lines and other signs of aging, I do the Revlift procedure, a nonsurgical facelift technology that uses the suit-free machine to effectively stimulating collagen formation.

Sports enthusiast and personality Patricia Bermudez-Hizon hosted the grand opening. Contours owner Dr. Claudine Ramos was truly happy with the great turnout and the support of her family and friends.

The new branch has a machine called [illegible] [illegible]

For more information, please call Contours Advanced Face and Body Sculpting Institute [illegible]

Age is just a state of mind. One of my daughters, Amelia, just became a teenager. [illegible] I could not be prouder as a mother.

Another proud mother is good friend Cindy Yap-Yang who successfully organized her daughter Kaye's debut at the [illegible] Ballroom of [illegible] Shangri-La Hotel. [illegible]

The highlight of the event was the turnover of 18 houses that the family donated to Habitat Philippines. [illegible]

Kaye's uncle Tim Yap, who said he's young enough to be just a cousin, hosted the festivities with a show directed by Rowell Santiago. [illegible]

[illegible]

Among the Opus crowd were other January birthday celebrators, including Lora Forgus, [illegible] Women's Health. [illegible]

Indeed, how do we measure life? How young is our spirit?

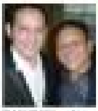
Follow Sexx on Twitter [illegible] or e-mail her at [illegible]



DIRECTOR Rowell Santiago, Sex Princess, birthday boy Tim Yap and Makati Mayor Jejomar Binay



DISCOVERY'S Carmela Bocanegra and pretty daughters Patricia, Chelo and Carla

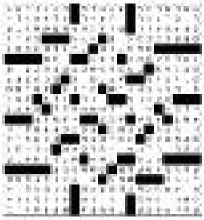


DASHING brothers Jason and Renato Herrera



HAPPY couple David and Rina Chan

ANSWER TO SUNDAY CROSSWORD

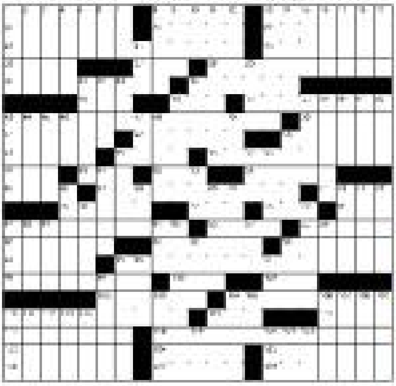


## SUNDAY CROSSWORD

PREMIER CROSSWORD / By Frank A. Longo

NOTHING IN BETWEEN

[illegible]



## SINGAPORE AIRLINES TO FLY TO SAO PAOLO FROM 28 MARCH

Singapore Airlines will begin services to Sao Paolo in Brazil on 28 March, subject to regulatory approvals.

Sales have now begun and tickets can be purchased over singaporeair.com or from appointed agents.

Flights will operate three times a week on a Singapore-Barcelona-Sao Paolo routing. Spanair will be code-sharing on the flights, that will follow this schedule, from 28 March 2011 to 15 October 2011:

[illegible]

Singapore Airlines and SilkAir passengers from Manila, Cebu and Davao can enjoy same day convenient connections in Singapore to these new services.

Sao Paolo will be Singapore Airlines' first South American destination. A Boeing 777-300ER aircraft will be used for the new services, featuring the Airline's latest product offerings. These include a new First Class seat which converts into the largest full-flat bed in the sky, a 30-inch-wide Business Class seat, the widest in its class, and the unprecedented comfort and space offered by the all-new Economy Class seats.

Detailed flight schedules/timings after 15 October 2011 will be released at a later date on singaporeair.com.





DISCOVERY Shores GM Jon Romero and Sex Princess



CONTOURS owner Dra. Claudine Ramos and husband Dr. Kato Ramos and kids [illegible]



AT THE CONTOURS Institute Platinum opening: Patricia Bermudez-Hizon, Goody [illegible], Dra. Claudine Ramos, Sex Princess, Dr. Kato Ramos and kids [illegible]

# Health and Fitness

# Know your body to know the food you need



WEIGHT is one of the most important factors in determining one's health. It is said that people with weight problems are the most prone to different diseases. But too much concern on weight keeps away the focus on health. The keyword for having a healthy body is nutrition.

Too heavy or too thin could spell trouble. But even the most health conscious person can get really sick. Could it be that he or she is not eating the right food or getting enough exercise? Genetics also play a role in the diseases that people get. Thus if your family has a history of hypertension, diabetes, or cancer. This will help you plan the type of food you should eat or avoid. There are just too many information, sometimes contradicting, on the web or in other literature. It would be better to check these pieces of information with doctors, dietitians, or nutritionists. But what if the person has no access to the experts? Perhaps, sticking to the basics is the wisest thing to do.

Fruits and vegetables are the foremost allies of living healthy. But dieting what foods should be done with care. Vegetarians admit they lack some nutrition so they replace it with other food supplements.

To those who are just thinking of changing eating habits, do it with a lot of care and research if you cannot consult a doctor. There is a plethora of information and they can sometimes be overwhelming. Be more discerning on the sources of the information.



## Eating habits

"We are what we eat," so the saying goes. So, don't be surprised if you got a lot heavier say two or three months ago if you have a sweet tooth. Changing eating habits is crucial and should be done with caution.

You also have to consider your age. If you are bordering on the 40s (or even 50s), watch what you eat. The metabolic rate of middle-aged individuals are getting slower and unwanted fats can easily build up especially around the waist. There was an article that says, your waistline can tell if you are high risk to certain diseases. Getting that waistline a lot thinner is not just about aesthetics but also about avoiding the sick bed.

Fatty and salty foods are a no-no. It not only increases the risk of heart diseases but may also translate to fat. Less people know, there are also some food fats that the body needs to generate energy. The website Familydoctor.org gives some nutrition tips to keep a healthy—and happy—lifestyle.

## Not one-size fits all

The site says to "find the strong points and weak points in your current diet." It means that you have to know what your body needs. Say, if you need more calcium then add more milk or other veggies to your meal; if you need to lose weight eat whole-grain or high-fiber foods regularly.

However, if a person has a high uric acid there are also some foods he has to avoid. So, it is strongly advised to consult a doctor.

If one person is successful in following a certain diet, it doesn't mean that the other should immediately follow. He or she may have [illegible] on carbohydrates but your body may need more of it than that person. And be more in touch with what types of vitamins and minerals your body needs.

Writing down the food you eat may not always be practical and applicable. Only the serious health-conscious [illegible] will find time to do that but it's not to say that you should not try. This will help you see which food you should take a little of or even avoid.

Fruits and vegetables will top the list of healthy foods. Grains are also not followed by meat and poultry. While the last two types of foods may contain harmful fats, they have parts that are low on it. The body needs protein and these two are said to have lots of them.

Familydoctor.org says that "eating too many high-fat foods not only adds excess calories (which can lead to obesity and weight gain). If you consume too much saturated and trans fats, you are more likely to develop high cholesterol and coronary artery disease."

Again, eating should be complemented with exercise. Don't feel sluggish in the morning. Jolt the adrenaline by running or doing some brisk walk. The endorphins that have been released is said to make the mood more pleasant to start the day right. If you can climb the stairs without sweat, pat yourself in the back for being healthy.

Ultimately, don't feel restricted or deprived if you are advised not to eat certain foods. Or don't binge when you think you have been deprived of something so delicious. It's a cliché that perhaps add to everything but eating in moderation can do wonders. Too much or too little is not good. Planning a balanced diet will not only make you much healthier but will make eating healthy a way of life.

**Merlyn D. Salazar**

ACTIVE, HEALTHY LIVING

# Rico Robles in Fighting Form



Improving the way we work and live. One step at a time, one step every time.



written by / photography / make-up

## Battling the Bulge

## From Fat to Fit





## Fighting Temptations

## Knocking Out the Bad – For Good

# LIVE BEAUTIFULLY WITH WATSONS: HAIR COLOR TO DYE FOR

Changing up your hair color is one of the ways you can give yourself a new look for the New Year. Color, after all, has always been associated with self-expression and styling your hair can give your beauty and confidence a boost.

The ancient Egyptians were the first to cultivate beauty in an extravagant fashion, and used to color their skin, hair, and nails with henna, the bark of trees, minerals, insects, nuts, herbs and leaves. In Rome circa 300 BC, women used hair color to indicate their class in society – noblewomen tinted their hair red, middle class women colored their hair blonde, and poor women colored theirs black.

Today, there are many hair-coloring options for both men and women, and modern technology has not only made this easy but safe. One of the affordable ways to do it is with semi-permanent coloring kits you can easily use at home. Here, Watsons shares 8 practical tips on how to color like a pro, and recommends some products you'll love to use.

**Tip #1: THE PREP WORK.** Get a trim before dyeing your hair since split ends are more obvious with color and highlights. Shampoo a day before coloring to let your scalp's natural oils resurface in time. This will protect from chemical reactions and help color set evenly. It's also good to get 2 boxes of dye if your hair is longer than shoulder length.

**Tip #2: PLAY IT SAFE.** Don't go more than two shades lighter or darker than your natural color in one sitting. Be realistic: pale, pinkish skin looks best with lighter shades, while yellow-gold, medium and dark skin go well with copper, auburns or dark browns.

**Tip #3: PRACTICE MAKES PERFECT.** You might find it tough to handle hair in one hand, and the applicator bottle in the other. Practice sectioning before actual application, especially if your hair is long.

**Tip #4: HANDS ON.** Use your gloved fingers instead of a comb to rake dye through your hair to avoid breakage.

**Tip #5: MIND YOUR ENDS.** Start color application in mid-length, work up the color to the roots, then down to the ends. The ends of your hair are more porous and tend to absorb more color.

**Tip #6: KEEP IT CLEAN.** Cover hair with plastic wrap or a shower cap. This will not only help color penetrate better, but will also help prevent stains. Applying some petroleum jelly around the neck and hairline helps too.

**Tip #7: FIX IT.** If the shade is darker than you are going for, shampoo right away to dull the color slightly.

**Tip #8: MAKE IT LAST.** Use color-protecting shampoos and conditioners, and avoid heating and styling products which can dry out, damage and lighten colored hair. Sun and water causes fading, so use a leave-on conditioner with sunscreen to protect from the sun, and add a filter to your shower head to strain mineral deposits that can affect your shade.




**Revlon Color Silk with UV defense.**




**Kolours Dual Conditioning Hair Color.**




**Herbal-based Color Mate Hair Color.**

# HAIR TREATMENT ESSENTIALS

While coloring your hair can give you a more updated, stylish new look, it can also make your hair more vulnerable to damaging factors like heat styling, chlorine, excessive washing, and the sun. The good news is that with new technology, there are hair treatments and special shampoos that will help you keep your color-treated hair healthy, vibrant and shiny.



**Restore moisture and shine to color-treated hair with Ashley Shine Treatment Cream.**




**Try a weekly therapy with Cream Silk Precision Repair Treatment if your hair turns dry and brittle.**



**Prevent color-treated hair from turning brassy with Golden Fabulous Hair Spa.**







**Regular shampoos can strip color and moisture from your hair. Use color-protecting shampoo, like the Watsons Conditioning, Extra Shine or Repairing Treatment Shampoo, to help reduce fading.**







**Watsons Conditioning, Extra Shine and Repairing Treatment Wax for dull, damaged colored hair.**

**These are available at Watsons stores nationwide and at the Beauty Section of SM Department Stores.**

Sunday LIFESTYLE

# Don Ado Escudero's hospitable 'hacienda'



### How the gentleman farmer turned the family coconut plantation in San Pablo, Laguna into a national tourist attraction

IN 1979, Don Ado Escudero—with the help of his siblings—made the bold move to open his family's hacienda to the public.

[illegible]
















# Korina's closet and barangay Umiray



'It was cathartic,' says the broadcaster of raising money from her unused clothes for this community devastated by typhoons in 2004

### Price tags

### 20 concrete houses

# Pope Benedict XVI grants 'apostolic blessing' and plenary indulgence to UST

PURELY PERSONAL



Josephine Darang

### John Paul II beatification

### Waiting for the Pope





### Pilgrimage to Rome

### Uson, Masbate church

### Goodbye, Farah

### Antipolo image in Cavite

# Hip Beethoven, pink City Hall —Bonn is a bright surprise

It has embraced the Rhine—how unlike Manila that has shunned its Pasig

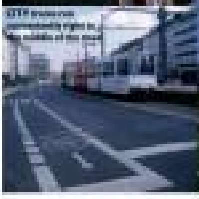


TOWN Hall is pretty in pink.











HERITAGE buildings are backdrops for people enjoying themselves

### Comfortable and vibrant

### Real attraction



FELINE graffiti

### Political will, not funds

# Don Ado Escudero's hospitable 'hacienda'



"You can get just about anything from SM . . . no transferring . . . no traffic"



"San Pablo is known for having the most beautiful holy week procession"







# Grand Baby Company

## Fair at the Megatrade Hall



You'll find the biggest and the best bargains for your baby needs at the Grand Baby Company Fair on January 28, 29, and 30 at the SM Megamall's Megatrade Halls 2 and 3.

Presented by Baby Company, the Baby Specialist, the fair is considered to be the country's biggest 3 Day Baby Sale!

Shoppers will be delighted to find big bargains for the little ones. They can avail of up to 70% on selected items from some of the biggest baby brands - V-Tech, Chicco, Playtex, Avent, Cycles, The Little Ones, Disney Baby, and much more. New items and collections of toys, cribs, strollers, beddings, nursing and feeding essentials will also be showcased during the event.

Aside from the great deals, shoppers will also be treated to fun activities, games, and freebies. There will also be learning sessions from baby experts, while celebrity moms and dads like Christine Bersola, [illegible], [illegible], Christine Jacob, Gladys Reyes, and Paolo Abrera will be sharing parenting experiences and tips.

Get more details and updates on the Grand Baby Company Fair on our Facebook page or visit our website at www.babycompany.com.ph



Adorable animal bibs from The Little Ones



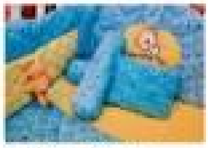
Disney Baby mat with an easy-carry handle















# ENTERTAINMENT

Editor: Emmie G. Velarde

## 'X' for 'Chassis'

DID YOU KNOW...

[illegible] "Chassis" got an "X" rating from the first review committee of the Movie and Television Review and Classification Board. [illegible] "Chassis" [illegible] in Argentina [illegible] film festivals.

*[illegible]*




# 2 'bad boys,' 1 line




RICKY Gervais SARGON [illegible]

## Me, too

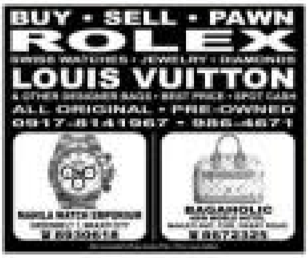
ACTOR [illegible] on "TV Patrol" Jan. 18, [illegible]

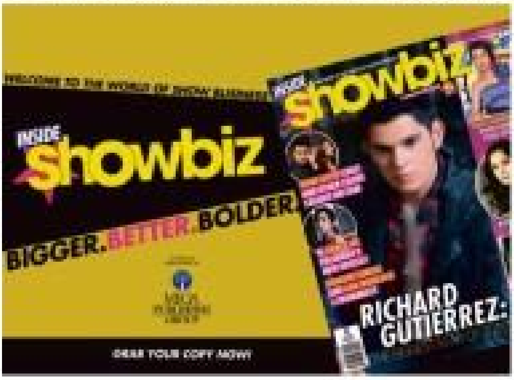
*[illegible]*

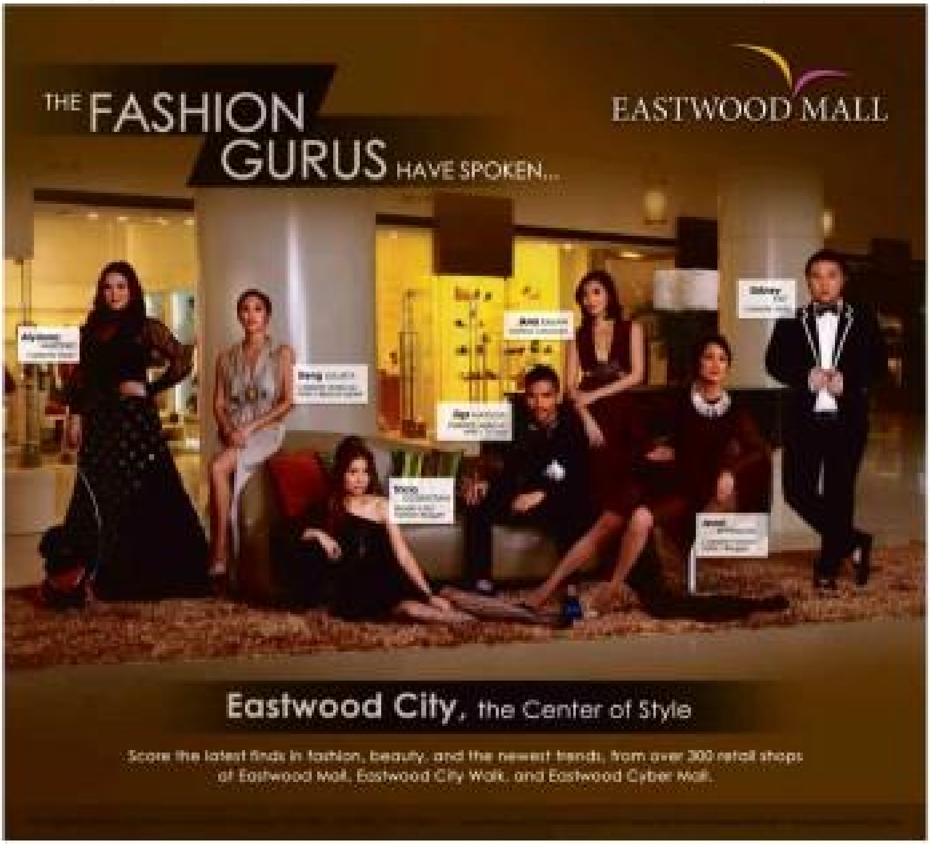
## 'Just doing my job'

NEW YORK—[illegible] Ricky Gervais [illegible] "If they didn't want me, they shouldn't have hired me," he said [illegible] "I'm not going to apologize."

AP



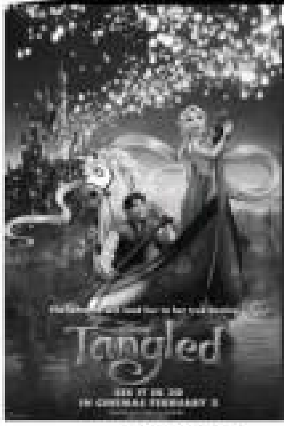



visit: www.smcinema.com

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## At the Cinemas

GLORIETTA 4

GREENBELT 1

GREENBELT 3

ALABANG TOWN CENTER

TRINOMA

MARKET! MARKET!

AYALA CENTER CEBU

MARQUEE




## STARCASTING

Featuring the stars of

# BULONG

Special musical numbers and exciting games await everyone!

JANUARY 23 Sunday 6:00 pm

TRINOMA ACTIVITY CENTER

Reserved seats for shoppers who will purchase BULONG movie tickets in advance at the TriNoma Activity Center entrance on January 23, 2011

## At the Malls

**GLORIETTA**
Photoworks
January 26-31
Activity Center

**GREENBELT**
Gulf Air Exhibit
January 10-31

**BONIFACIO HIGH STREET**
Lexus Car Display
January 28-30
B3 Activity Center

**MARKET! MARKET!**
Celebrate Sinulog Festival
January 23

**MARQUEE**
Live Band Performances
Every Friday and Saturday
7pm MarQuee Park

**ONSTAGE**
The Joy Luck Club
February 4-20
For booking & inquiries please call



Celebrate Sinulog at the Market! Market! Central Plaza on January 23!

glorietta · Greenbelt · MARQUEE MALL

# Too little singing, but it was a grand night for winning



Viewfinder

*Nestor U. Torre*



MICHAEL Douglas

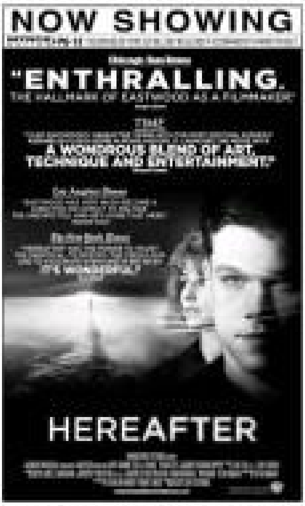


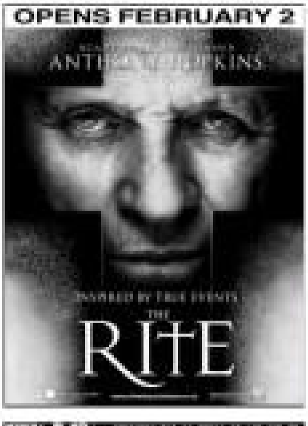
ROBERT Downey Jr.







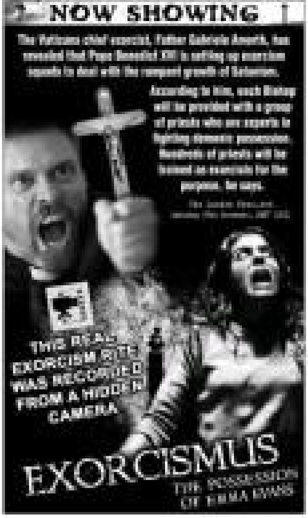








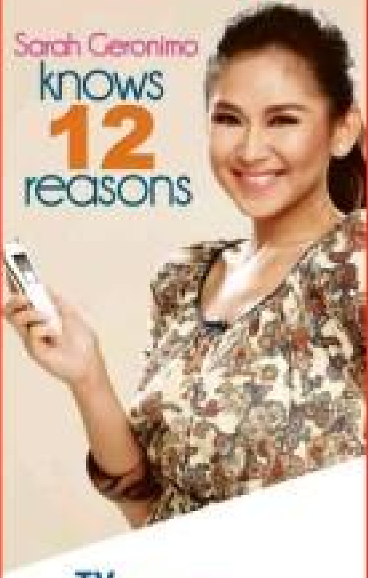






my|phone

why is my|phone TV phone so Hot

Sarah Geronimo knows 12 reasons



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sleek design
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bluetooth
radio
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Available at all mobile phone stores nationwide.
For more information, call the myphone hotline
For service inquiries, call


# A 'shoestring' Sundance fest

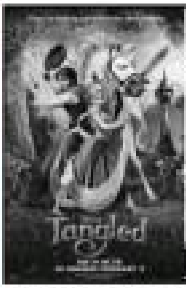
# Baron: I'm the victim


NEWPORT CiNEMAS

THE TOURIST
GREEN HORNET in 3D
HEREAFTER
GULLIVER'S TRAVELS
LITTLE FOCKERS




# Nice new judges just don't cut it for 'Idol' part 10



Get Tangled before the rest! Sneak Preview at Power Plant Cinema!
Jan 24 to 25, 2011

POWER PLANT CINEMA

LITTLE FOCKERS
HEREAFTER
THE GREEN HORNET
GULLIVER'S TRAVELS
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# ENTERTAINMENT



## Rigorous training pays off for Natalie Portman

### At some point, trainor and trainee fall in love

"IT WAS very monastic, kind of a nunnery for a year," says Natalie Portman of her preparation for the role of a prima ballerina.

ONLY IN HOLLYWOOD



Ruben V. Nepales

LOS ANGELES—Practice makes perfect.

Natalie Portman's rigorous daily training to prepare for her "Black Swan" role, which included three hours of choreography with now fiancé Benjamin Millepied, is paying off. In addition to numerous critics' accolades, Natalie recently won the Golden Globe Best Actress Drama award.

"I started training for the film a year ahead of time," the actress told us in an interview at the start of the awards season, before she emerged as a Best Actress frontrunner. "I was doing three hours of ballet training, an hour of swimming, an hour of toning and then toward the end, in the last two months of training before the film, I added on the choreography. Benjamin Millepied, the choreographer, started working with me so that was an extra three hours. It was like eight hours of training."

At some point in the training, Natalie and Benjamin fell in love, most likely while dancing together.

### Engaged and expecting

Natalie revealed last December that she and Benjamin—who also plays her dance partner in the film—are engaged and expecting their first child this year.

In her Golden Globe acceptance speech, Natalie said: "Thank you to Benjamin who is helping me continue the creation of life. Benjamin choreographed the film, and you may remember him as the guy (in the film) who, when (Vincent Cassel's character) asks, 'Would you sleep with the girl?' he was like, 'No.' Benjamin is the best actor. It's not true. He totally wants to sleep with me."

Going back to her intense preparation for her role as a prima ballerina in a New York dance company, Natalie told us: "I was on a very strict diet but it wasn't unhealthy. I was still eating but very little. I had my little meals that were prepared and those were all I could eat during the day. I didn't go out with my friends. I wasn't drinking wine or anything at all. So you get an idea of what that lifestyle was like. It was very monastic. It was kind of a nunnery for a year—a physically rigorous nunnery. It was great because I was able to understand what a dancer's life is like."

She described her daily schedule: "I was training before and after work. I would be doing my ballet training, swimming and toning so that I could keep my body looking like a ballet dancer's. I would sleep for five hours and then start the day again."

"When it was all over, I started carbo-loading with pasta and bread," she said with a laugh. "And ice cream. It was a long period and I'm a pleasure seeker. I like my food."

### "Do it for yourself"

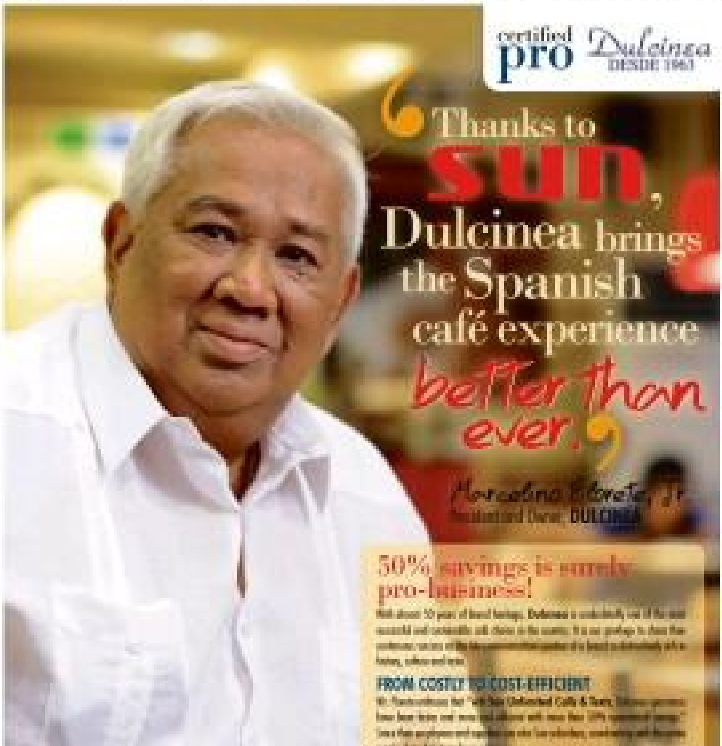
She credited the film's director, Darren Aronofsky, for "really pushing me to try different things all the time. At the end, he would always say, 'Now do one for yourself.' On the last take, he would always say that to me. That was really empowering in a new way. I've heard directors say like 'Freebie' or 'Free one' at the end. But for Darren to say 'Do it for yourself' was a whole different mind-set for me. He usually used that take."

Asked if the film's competitive culture resonated with her own experience as a thespian, the former child actress answered: "It has really changed. When I was younger, I would get more competitive and feel threatened by people who were around the same age and maybe looked similar to me. When you get older, you feel like, I know my own weirdness. I am not like anyone else. I can't do what anyone else does. They can't do what I do. We're all our own thing."


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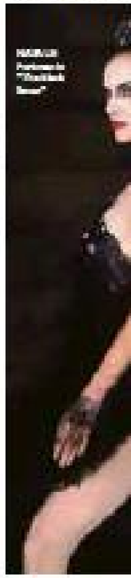
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# Rigorous training . . .




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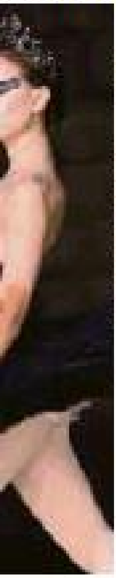




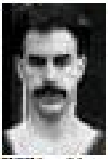

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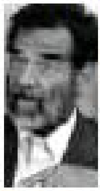
THE BIG CUBE at the BIG DOME



# 'Borat' as Freddie Mercury and now, as Saddam Hussein







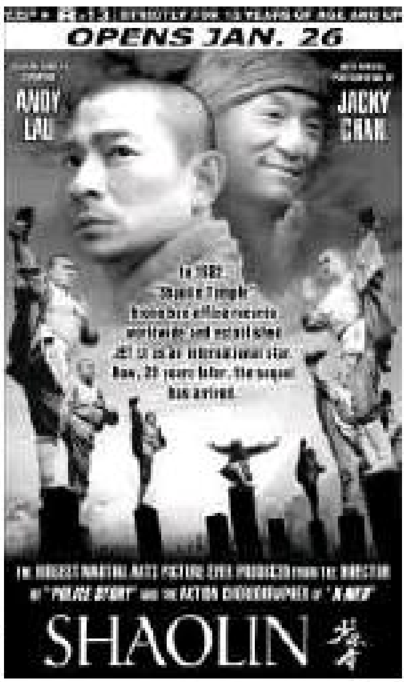
AP









# Big Boss plays favorites—and it shows

RUSHES

Too expensive

Uh, awkward

Hide and seek

Remake queen

Why Lani lost weight



MARIAN Rivera: Remake queen?

Fulfilled

Not batting

Horrorscope

Weighty issues

Top of the tabloids



VICE Ganda: not leaving Ogie.



KC Concepcion: Boon there (Uganda).

## Victoria Casal Couture Opens First Flagship Boutique in Manila

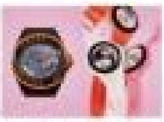
Victoria Casal Couture has just opened its first flagship boutique in Forbestown Centre, Bonifacio Global City. The continuing success of the French prêt-à-porter label is definitely set to cause Parisian fashion frenzy in Manila as the fashion house is already receiving rave reviews for its Hello Kitty inspired line.

The "Hello Kitty by Victoria Casal Couture" line, already a big hit in Europe, is the designer's luxurious, high-end take on Sanrio's iconic cat image, which has proven over the last few years to be a unique approach towards Hello Kitty clothing designs.

The opening of the new boutique coincides with the launch of season's 2011 collection, which portrays the joyful story of a Parisian fantasy, allowing Hello Kitty lovers as much flexibility and creativity in terms of designs and the various ways of combining them.

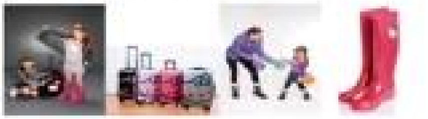
### Luxury Hello Kitty Watches by Victoria Casal

French Designer Victoria Casal's Hello Kitty watches, capture the extraordinary timeless values cherished by Hello Kitty fans globally. Following her successful with Victoria Couture and the concept of the luxury Hello Kitty's clothes and jewellery in collaboration with the Sanrio Group in Tokyo, Victoria incorporates a collection of Hello Kitty inspired watches within her Victoria Casal Couture Label.



The collection is designed to provide Hello Kitty aficionados with a selection of watches in trendy and flashy colors, in rubber, steel, leather or silicone for all generations.

The collection continues to carry the theme of the beloved Japanese white face cat with a glamorous range of crystal studded watches in bold and vibrant colors.



Visit the Victoria Casal Couture store in Forbestown Centre today to get your dose of Hello Kitty! For more details, please call [illegible] or log on to [illegible]

